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GUIDE TO BARK LAKE



Ontario

Ministry of
Culture and
Recreation

Sports and
Fitness
Division

Hon. Robert Welch
Minister
Robert D. Johnston
Deputy Minister

Province of Ontario

Camp Leadership Centre

is operated

by the Sports and Fitness Division

Ministry of Culture and Recreation

Price \$1.00

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Ontario Camp Leadership Centre

Purpose:

To facilitate the development of skills in outdoor recreation and leadership while at the same time providing and maintaining a natural environment.

Aims

1. to operate leadership development course for persons who are eager and capable of giving outdoor recreation leadership to the youth of Ontario.
2. to operate skill development courses in isolated outdoor settings that will provide adventure and challenge for persons who wish to provide leadership for schools and camps.
3. to help develop satisfying relationships by participating in and evaluating outdoor activities that require co-operation, honesty, trust and team work.
4. to provide intervals of solitude and reflection to enable individuals to step out of their regular activities and examine their present life styles in terms of quality of life.
5. to provide a temporary contrasting life experience for people from urban areas in order to make them more aware of their role in the natural environment and to shape a 'reverence for life'.
6. to develop positive attitudes about conserving and preserving natural environments so that future generations may appreciate and enjoy the beauty of nature.
7. to develop the present facility and program in such a way that it will provide an ideal to other camps considering possible development and future expansion.

Here's what you'll find



More than 4,000 acres of unspoiled wilderness make up the site. It encompasses the whole stretch of Bark Lake, includes dozens of streams and vast areas of bog and bushland. Massive outcroppings of rock, typical of the Canadian shield, are seen on every hand.

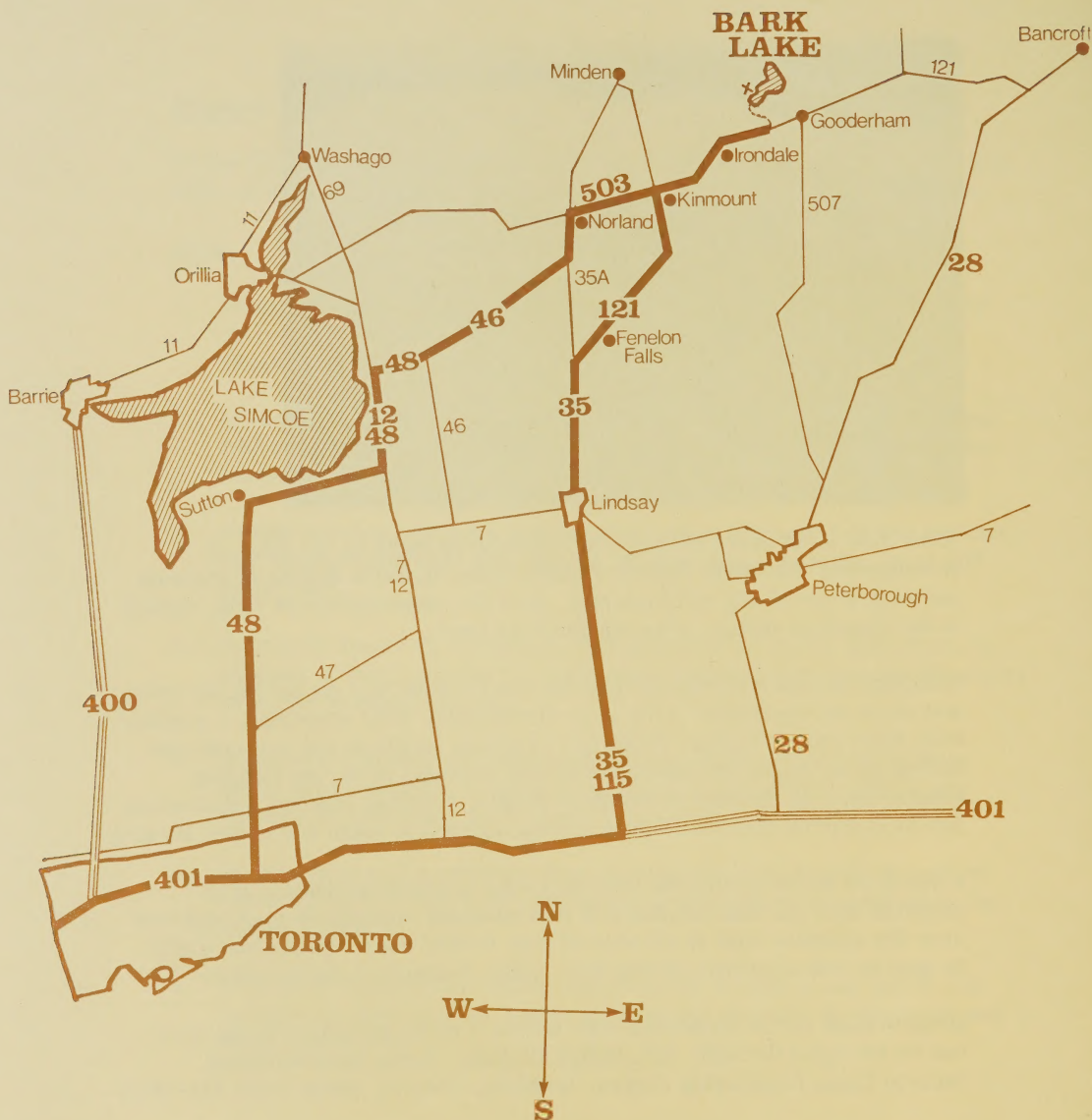
Buildings designed to complement the environment are set among the trees and along the shoreline. All are easily reached, none more than a quarter-mile from Centre Camp. There are excellent facilities for canoeing and sailing on the lake, for nature walks and out-trips in the surrounding countryside. Assistance of resource people, teaching aids and publications are available on request and you are encouraged to make use of this service.

If you have never visited the Ontario Camp Leadership Centre, it is essential that you and members of your planning committee come and look over the situation well in advance of your booked date. Bark Lake Camp is open to school groups during May, June, September and October.

Reservations for an inspection tour and/or a more prolonged group-stay can be arranged through: Mr. Dallyn Pickens, Camp Superintendent, Ontario Camp Leadership Centre, Irondale, Ontario, phone (705) 447-2452.

Advice on programming and information about resources can be obtained from: Miss Dorothy Walter, Camping Consultant, Ministry of Culture and Recreation, Sports and Fitness Division, 8th Floor, 77 Bloor St. W., Toronto, Ontario, M7A 2R9. Phone (416) 965-5665.

Here's how you get there



The Ontario Camp Leadership Centre is in Haliburton County, 134 miles northeast of Toronto, off Highway 503, between Kinmount and Gooderham, not near Barry's Bay.

Here's what you'll want to know

If you are like most people booking the Ontario Camp Leadership Centre at Bark Lake, you'll want dozens of questions answered before you come. These may be some of them.

Time of arrival - Your group should be on site in the morning or early afternoon of the first day booked. Check in immediately with the camp superintendent at his office for assignment of quarters. He will help in every possible way to start you off on the right foot and make your stay a rewarding and memorable one.

Sharing accommodation - Demand for use of the Centre is so heavy that, unless there are at least 150 in your group, it may be necessary to book you with a second group. If so, the camp superintendent will advise you and supply the name and address of the other group's contact, so that you can get in touch and discuss the mutual use of facilities and transportation.

Use of centre equipment - A camper may sign out almost anything in the stockroom on authority of the group's staff. However, it is often a good idea to have one person sign out enough blankets, life-jackets, etc. to equip his or her sub-group. Anything lost or damaged beyond what can be reasonably considered normal wear and tear is the user group's responsibility.

Meals - Each user group is expected to have a staff member on hand through meal hours. Breakfast is usually served at 8:00 a.m., lunch at 12:30 p.m., dinner at 5:30 p.m. and reasonable promptness is the rule. If a time-change is necessary, for a valid reason, the camp superintendent should be consulted. Service in the dining hall is handled by the "hopper" system, one person getting food for his/her table and clearing away the dishes. It is the responsibility of the group to appoint one person to become familiar with the food service system and be responsible for instructing the group.

Catering - A commercial company is hired on contract to supply all food for the camp during the open season. The groups will be supplied with the name of the company responsible and the person to contact. The groups will then make their own arrangements for their food and pay whatever cost is incurred to the company direct.

Smoking - This is at the discretion of your staff but it should be remembered that the Ministry of Natural Resources does not allow smoking while walking through the bush. We adhere to this policy in camp and suggest smoking be limited to the campfire area and to the dining hall. Ash trays or a sand bucket must be used when smoking in any building.

Fire Protection - Standard procedure for prevention of and protection against fire has been laid down by local authorities. Copies of this information are supplied to all user groups.

Safety - The user group must assume responsibility for the safety of its members. The camp is equipped with patrol boats to oversee sailing and canoeing; their use is recommended for staff members only. If a user group is short-staffed, some of the camp personnel will man the patrol boats. The administration of the camp has accepted the COED guidelines for safety as set out in the Code of Recommended Procedure for Outdoor Education.

Checking out - Groups should be prepared to leave by early afternoon of the last booked day. Equipment should be returned to stores as early as possible. A list will be prepared of equipment broken or not returned. Arrangements must be made with the camp superintendent for whatever replacement or repair is necessary before the group leaves camp.



Ontario Camp Leadership Centre

BARK LAKE

(Near Irondale, Ontario)



Activities

AQUATIC SPORTS

The camp provides three patrol boats (one $9\frac{1}{2}$ hp and two $6\frac{1}{2}$ hp), life-jackets for each occupant and the usual other safety equipment. During May and June, we have someone available to assist in these areas, but groups who use the camp in September or October should have their own staff to handle their programs.

The craft provided are:

- 5 Albacore sailboats
- 4 Georgian sailboats
- 55 canoes
- 6 kayaks
- 5 motor boats (used primarily for patrol duty)
- 1 steel rowboat
- 1 aluminum rowboat

All the kayaks are made at the camp and most canoe repairing is done here as well. Any members of the staff employed in this work will be glad to discuss it with interested campers.

Canoes and kayaks are lightly constructed but very seaworthy when skilfully managed. In and out of the water, these craft must be treated with great care and respect. Here are some basic rules which groups are expected to follow:

- Canoes are strictly for training. Before they are used, instruction in canoeing must be given by user groups to their members.
- Under no circumstances may group members be allowed to take canoes out on the lake without supervision.
- Casual use or fishing from canoes is not permitted.
- Horseplay in canoes or kayaks is forbidden.
- Canoes and kayaks can be damaged beyond repair in minutes and should, therefore, not be left unattended when docked.

- Canoes and kayaks must be lifted from the water, never dragged over the ground or up across docks.
- Only canoe-docks are to be used for docking these craft and must be approached slowly and with extreme caution, especially when paddlers are unskilled.
- Canoes and kayaks must never be rammed into docks or driven up on shore, while in camp or on out-trips.
- When loading canoes for out-trips, docks in front of the out-trip cabin must be used.
- Canoes must be racked bottom up, when not in use. Canoe bottom should never touch the ground in racking.
- Kayaks must be racked bottom up on padded racks only.

Motor boats are intended primarily for safety patrol. At other times they may be used by groups but not for pleasure or aimless cruising. We insist they be manned by user staff assisted by someone from the camp, if necessary. Our waterfront personnel are familiar with these motors and will give any instruction required. Only they can be responsible for refilling the tanks with the correct gas mixture.

Swimming is permitted in Centre Camp only in the area provided, which has shallow, medium and deep sections. User groups must have adequate staff on hand to safeguard its members here and elsewhere on the waterfront, as in all program activities. There are two scuba tanks for emergencies, to be used only by qualified persons. Overnight campsite swimming periods must also be supervised.

ORIENTEERING

A permanent course for programs in orienteering has been set up just west of the archery range. Groups are encouraged to ask about the most recent mapping of the area for this sport

The following equipment can be checked out of the central storeroom:

- 70 regular compasses
- 1 Paul Bunyan compass (for instruction)
- contour maps
- markers
- other items (see Tripping)

TRIPPING

Maps on pages 9 and 10 show routes which can be used for out-trips by water and portage or all over land. A canoe-trailer is available but most tripping is done on Bark and Koshlong Lakes where no mechanized transport is needed. Only the campsites designated may be used for overnight stops and groups must be supervised at all times.

On Bark Lake (Map No. 1) there are seven sites for camping:

1. Beaver Rock is a high rocky area under pines with good swimming and little undergrowth. It can be reached either by canoe or by trail from the games area.
2. Mosquito Point is mainly under pines with good swimming. It can be reached by canoe or by trail from the games area.
3. Fisherman's Rock is a new campsite which has been used very little.
- 4.) Granny's and Portage Beach are frequently used because of their
- 5.) convenience to the Lochlin Trip route. Swimming is not very good at Granny's, somewhat better at Portage Beach.
6. Pine Point is the most attractive of the camping spots. Swimming is good but tent-sites are rather limited.

Sandy Beach No. 2 is a good place for cookouts and games. Razor-sharp clams in the water present some hazard; sneakers should be worn.

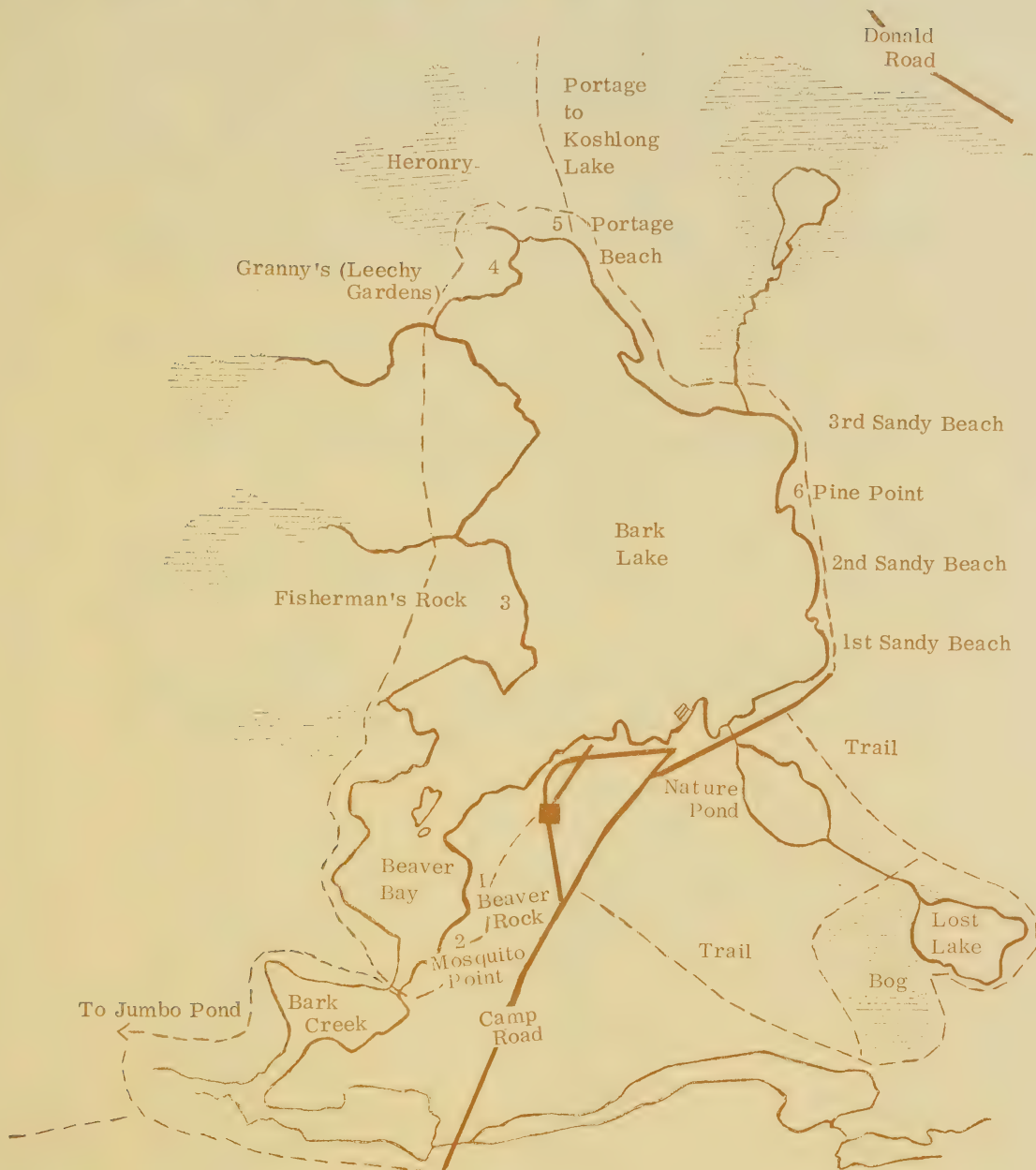
On Koshlong Lake (Map No. 2) there are two sites, only the first of which is for overnight use. We must insist on this restriction because there are a large number of private cottages on Koshlong.

1. A pine and hardwood area with good swimming.
2. Divers Rock site can be used for meals and swimming but not for camping.

There are a variety of routes for back-packing or hiking and a number of excursions by land and/or water are suggested here.

Lochlin Trip (Map No. 2) - a combination of orienteering, portaging and canoeing, can involve one night out or two, with base camp at Granny's or Portage Beach. If the shorter time is planned, departure from Centre Camp is usually scheduled right after breakfast, so the group can set up camp and get started on the circuit to complete it by supper. For the longer time, they leave after lunch, set up camp and start the circuit after breakfast the next morning.

Map No.1 Bark Lake Campsites



Map No.2 Koshlong Campsites



The full circuit is done in two sections. Half the group goes to Lake Lochlin on foot, orienteering along the way. The other half takes canoes and food for all, portaging to Koshlong and paddling to the dam at the west end of the lake. After lunch, the two halves switch for the return trip.

Pairs or small groups should be arranged for the orienteering experience, which can take $1\frac{1}{2}$ to 3 hours. The best spot for swimming and eating is about 100 yards from where the road meets the water.

Hike to Jumbo Pond - a 3-mile scenic walk which includes crossing by man-made dam at the half-way mark. Path starts $\frac{3}{4}$ mile up the hill out of camp, off the road to the right.

Half-hike to Jumbo Pond - one part of the group hikes to the pond (see above), the other paddles down Bark Creek to the dam and hikes the last bit, following red arrows. The two halves may switch for the return.

Short-cut to Jumbo - either by water or land to Beaver Dam at the end of Bark Lake on Bark Creek, $1\frac{1}{2}$ miles on blazed trail.

Trail around Bark Lake - starts at Beaver Dam on Bark Creek or from the Tamarack section. Follow path to hardwood bush, where there are white circles on trees to mark the way. (In some areas the white circles may be faded so careful observation is necessary.)

Out-tripping equipment includes 30 nesting sets each of which contains a large fry-pan, small fry-pan, handle, large pot, medium pot and lid, small pot and lid, coffee pot and lid. Each set accommodates six campers. The following items are also available:

10 axes	19 potato peelers
2 blanket pins	15 reflector ovens
10 can openers	3 small shovels
23 chlorination kits	11 spatulas
76 cups	172 spoons
5 first aid kits	5 tripping saws
110 forks	3 tarps
8 grates	20 whippers
12 hatchets	12 soap
83 knives	20 scouring pads
20 long spoons	twine
4 ladles	matches
50 packs (tripping)	toilet paper
13 back-packs	foil
128 plates	J-cloths

All equipment will be signed out and checked back in. Any losses must be replaced by the group.

Fresh, frozen and freezer-dried food for cooking on out-trips can be obtained by arrangement with the out-tripper at the camp.

NATURAL SCIENCE

The camp has a museum, a large cement fish tank, turtle and snake pits. There are also approximately twelve miles of nature trails which include such diverse communities as deciduous and coniferous forests, bogs, swamps, marshes, beaches, lakes and streams.

The following equipment is available to aid in your program:

- 1 LaMotte lunological test kit
- 1 six-inch reflecting microscope with mount
- 1 400 X microscope
- 3 dissecting microscopes
- 2 dissecting lamps
- 2 terrariums and dip nets
- 3 insect pinning boards
- 2 plant presses
- 20 magnifying glasses
- 2 aquariums
- 1 small incubator for growth of coliform bacteria on millepore filters
- 3 millepore kits for experiments in environmental biology

Note: You must supply your own growth medium and filters.

If you wish to set up a nature study program for your group ahead of time, it is probably best to come and look over the facilities and trails, unless you are already familiar with them. Your approach to natural science will depend on your group's age, desire and ability. Of course, the classical method of introducing people to nature is to name everything in sight but this is not very appealing to the majority. We suggest that you involve your campers in getting a feel for nature. Help them open their eyes and ears, let them touch, smell and taste. By using these senses, they may gain some understanding of nature's beauty and attain some measure of unity with it.

There are two publications which will give you new insight into environmental activities and valuable teaching points for this program: "Acclimatization" and "Acclimatizing" by Steve Van Matre are recommended reading.

We suggest a few possible programs:

- Pond study - invertebrate life forms in connection with plant life, microscopic search for micro-organisms, etc.
- Community comparisons - examination of contrasts between bog and marsh, the heronry and the beach, deciduous and evergreen forests.
- Trail search - pick a theme, such as "everything is becoming something else" or "everything has a home" and look for proof along the trail and enlarge on the theme with your evidence.
- Role playing - act the parts of frogs, snakes, bull-rushes in the wind, a rotting log. Blindfold the actors to heighten the appropriate other senses.

As you can see, with a little imagination, one can produce a natural science program which is productive for your campers as well as yourself. The suggestions above are only a sprinkling of the possibilities which you can expand and multiply.

ARCHERY

The range behind the craft shop provides a shooting distance of over 40 yards, with 4-foot targets. There are 33 bows of 18 to 37 lb. pull, 24" to 30" arrows, finger tabs, arm guards and other standard accessories. Because the camp's supply of arrows is limited, it's a good idea to bring some of your own.

This area is used for other sports, as well as archery.

CRAFTS

Tie-dying, macramé, sketching, making mobiles, sanding and finishing driftwood are popular projects. There are some general supplies in the craft shop but most groups bring those necessary for the type of program they intend to carry out while at the camp. Following is an inventory of equipment available in the shop:

3 art and crafts tables	1 pencil sharpener
8 bench vices	1 small plane
2 sets of bits, large & small	1 large plane
3 brooms	4 rasps (sureform)
3 chisels	1 ruler
2 drills	21 coping saws & 1 doz. blades
1 first aid kit	8 saws

(cont'd.)

10 flat files (wood)
4 round files (wood)
7 hammers
1 hotplate
4 Exacto knives
6 utility knives
5 lino-cutting knives
200 lbs. molding plaster
1 wooden mallet
1 paper cutter
1 paper punch

1 keyhole saw
5 hacksaws & 1 doz. blades
3 screwdrivers
1 stapler
2 large scissors
2 small scissors
1 medium scissors
3 spokeshaves
1 wire cutter
2 yardsticks

Accommodation

The camp is divided into four sections: Oak and Tamarack on the east side of service buildings and areas in Centre Camp; Pioneer and Lumbermen on the west side. Each can house 36 campers and six staff. Each also has a large lodge which will accommodate the whole section on wet days and for evening programs.

Camper cabins all have electric heat and lighting. Pioneer has in-cabin plumbing facilities; for other sections these are in separate buildings.

Staff cabins have three bedrooms with two single beds, bathroom and kitchen/living-room combination.

Director's cabin, in Centre Camp, is often used as a residence for group staff. It has three bedrooms and a living/dining/kitchen area with plenty of room to hold staff meetings.

Family cottages, about five-minutes' walk from central camp area, are used in spring and fall for overflow groups. Each of four is designed to house four or more people.

It is the policy of the Centre to maintain the whole campsite in as near a natural state as possible. New growth is protected so that young trees will replace the older ones. User groups should explain this to their students and draw attention to damage done some of our birch trees by thoughtless people. There is to be positively no cutting of any live growth in the immediate camp area. Branches or poles wanted for programs may be cut only with permission of permanent camp staff in areas they specify.

Other facilities

Recreation Hall, high on the lakeshore, has space and to spare for gatherings of the entire camp. If you are sharing the Centre with another group and your programs are compatible, combined use of this building can be arranged between you. In most cases, it is used by the larger group and the smaller one uses lodges in the sections they are occupying.

Bark Lodge is a large log cabin with a big fireplace and comfortably furnished. It is used as an informal meeting place and a wet-weather lounging spot.

Library, at the back of Bark Lodge, has a small but useful selection of books with information on such areas as: leadership training, crafts, out-tripping, swimming, nature, camp crafts, music in camp, orienteering. Books are available to staff of user groups, who will sign out those they require.

Dining Hall, overlooking Canoe Bay, seats up to 200 at tables for six. A long counter opens on the kitchen for ease and speed of service.

Kitchen is large, bright, well-equipped and efficiently organized. It is operated by a commercial caterer and out-of-bounds to campers.

Infirmary, on the point of Centre Camp, has an examination room, a 3-bed ward, an isolation room and an apartment for the resident medical staff. During May, June, September, October only medical staff are allowed to use this building.

Minor sickness and emergencies can be taken care of in camp with equipment provided: examining table, refrigerator, hot and cold sterilizers, minor surgical instruments, stethoscope, sphygmomanometer (blood pressure cuff) and diagnostic set for eye, ear, nose and throat.

Supplies kept on hand include: adhesive, band aids, gauze, cotton, tensor bandages, aspirin, 222's, hydrogen peroxide, eye and ear ointments, kaopectate, milk of magnesia.

Groups must be responsible for first aid or nursing care of their campers and the following supplementary supplies should be brought up: lozenges, adrenalin, magnesium sulphate, sanitary napkins (if applicable).

Major injuries and illnesses must be treated at the Minden Red Cross Hospital or the Haliburton Hospital, each about 25 miles away. Arrangements for out-of-camp medical services are made through the camp superintendent.

Games Area, a large field near the family cottages, is suitable for low-organization games. Games equipment can be picked up at the central storeroom.

Campfire Circle, traditionally a very special area, is on the beach near the canoe docks. Log benches encircling the fire provide an ideal place for meetings or lectures also.

Telescope, six-inch reflecting, is available. A staff member will supervise its use if there should be no one in your group familiar with telescope operation.

Maintenance Buildings are behind the dining hall in the central camp area and someone is always on duty there. The canoe repair shop is in Elm Lodge on the shore beyond the Lumbermen section.

Central Storeroom, adjoining the maintenance buildings, is open 8:00 a.m. to 12:00 noon, 1:00 p.m. to 5:00 p.m. and 8:00 p.m. to 10:00 p.m. Equipment for all activities is checked out and in there.

Administration Building, at the parking lot, is used chiefly during July and August. Group leaders may obtain a key from the attendant at the maintenance buildings.

Telephones in camp offices are for staff use only. Those in charge of user groups are expected to reverse charges on any long-distance calls made. A pay-phone is provided for group members on the verandah at the end of the administration building.

You are invited

to come and explore Bark Lake!

We welcome your enquiries and look forward to showing you the natural attractions and technical facilities we can offer your group at the Ontario Camp Leadership Centre.

